



THE CENTER
at
THE OPEN LINK

Enriching the Lives of Older Adults in our Community



April 2024

Thank You, Volunteers

By Wendy Smeltz, Center Manager

A common phrase at The Open Link when referring to volunteers is, “We couldn’t do it without you!” It’s something you’ll hear from staff in emails or during activities, and it’s a sentiment we communicate when sharing with our community about the importance of volunteers within our organization.

In the non-profit world, it’s not uncommon to encounter repeated phrases, expressions like, “Volunteers are the backbone of what we do” or “Volunteers are the heart of our organization”.

While these familiar words may almost sound cliché, they truly reflect the essential value that volunteers bring to our organization.

Executive Director of The Open Link, Marianne Lynch, shared this: “We have volunteers in every facet of the organization, from working in the food pantry to driving for Meals on Wheels, to setting the strategic direction of the Open Link as board and committee members. Volunteers are the life-blood of the organization.

“Each month, our volunteers contribute about 300 hours of service to TOL programming at a value of approximately \$29.78 per hour, according to the US Bureau of Labor statistics. That means that if we had to hire someone to do the work of each of our volunteers, it would cost us \$29.78 per hour. So, volunteers provide about \$10,000 of budget relief per

Continued on page 6



Our St. Patrick’s Day Lunch was filled with good food and good friends - old and new, which reminds us of this Irish proverb, “A good friend is like a four-leaf clover, hard to find and lucky to have.”

Before you turn the page to discover what is planned for April, please take note of these important dates next month!

May 1st
Center CLOSED
for a staff work retreat.
Meals on Wheels will not be delivered. Extra meals will be delivered in advance.

May 3rd
Special Lunch:
Cinco de Mayo

Hours of Operation:

Monday - Friday 8:00 am to 4 pm

Staff is available to take your call or greet you in-person. The main room is closed during activities.
215.679.6550 | center@theopenlink.org

The Center, The Open Link’s senior center location, offers opportunities to stay healthy, active, and connected. Programming focuses on nutrition, exercise, education, socialization, and enrichment, and is targeted to ages 60 and over, but open for adults of all ages.

SPECIAL ACTIVITIES in April

To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email center@theopenlink.org. See costs and RSVP dates below, if required.

APRIL FOOL'S DAY FUN • Mon., April 1, 12:30 pm

This event is for the most daring of participants - join us for ax throwing, alligator wrestling, a tattoo artist, and more! Not feeling that bold? Come out for refreshments and be a spectator. **No Cost. RSVP not required, but let us know if you'll be attending lunch by 11 am.** *Are we really doing these crazy things? Come to The Center April 1st to find out!*



TUESDAY CHATS • Every Tuesday in April and May - 1:00 pm

Let's Chat About... the Joys of Being a Senior, Sticking up for Yourself, Generational Differences, and more! Join your friends and make new ones with a discussion group revolving around a weekly theme. Pat Keeney, who facilitated the Stories of our Lives support group, will create an inviting atmosphere to share, laugh, and learn. After a brief warmup and introduction from Pat, participants will contribute thoughts and ideas.



No Cost. RSVP encouraged, but not required.

YARN BOMBING PROJECT • Thurs., April 11, 2024 - 1:00 pm

Help us get ready to “yarn bomb” The Center and other Make Music Upper Perk venues by crocheting, knitting, or creating other colorful yarn decorations. *No skills required; we will have easy project ideas for everyone! **No Cost. Supplies Provided or bring your own. RSVP by 4/9.** *Always June 21st, Music Upper Perk celebrates music and community, bringing people together!*



PAJAMA DAY • Tues., April 16, 2024 - All Day

April 16th is *National Wear Your Pajamas to Work Day*. Please excuse staff while we spend the day comfortable in pajamas - and join us by wearing your favorite pajamas. Roll right out of bed



and come on in! Awards for the best slippers, robe, pjs, and “bed head” hair. Join us for lunch at 12 pm for a fun dessert! **RSVP for lunch by 11 am.**

Parkinson's Awareness Month is about connecting people to critical resources and bringing attention to this life-changing disease. Since it was first identified more than 200 years ago, considerable progress has been made towards understanding what causes the motor symptoms we most associate with Parkinson's disease (PD). Along the way, we have begun to appreciate a broad spectrum of non-motor symptoms that were not initially recognized as part of PD. This month, look for materials at The Center to understand and educate, and see page 3 for a very special program.



SPECIAL ACTIVITIES in April

To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email center@theopenlink.org. See costs and RSVP dates below, if required.



PARKINSON'S PRESENTATION • Wed., April 17, 2024 - 12:45 pm

Family Caregivers Network will host this educational outreach program. Experts estimate that as many as 1 million Americans have Parkinson's Disease. Learn everything from diagnosis to treatment, and the importance of exercise and activities. **No Cost. RSVP not req'd.**

AARP DRIVER REFRESHER COURSE • Thurs., April 18, 2024 - 9:30 am to 2 pm

Refresh your driving skills and renew your certification. Course designed for drivers who have taken the safety course. **AARP Members: \$20. Non-Members: \$25. RSVP by Wed, 4/17;** registration will close when class is full. *Bring driver's license, membership card, check payable to*



AARP. *Check with your agent for possible insurance discounts. 30-minute break for lunch.



Sign-up for Community Lunch at 12 pm in advance or on the morning of 4/18.

EARTH DAY RECYCLED PROJECT • Mon., April 22, 2024 - 1:00 pm



Learn how to start vegetable or flower seeds in recycled newspaper pots. We are collecting newspaper for this project! **Cost \$2. RSVP by Fri, 4/19.** *Earth Day is an annual celebration that honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations.*

PHILLIES DAY SPECIAL LUNCH • Thurs., April 25, 2024 - 12:00 pm

Come celebrate America's favorite pastime and our home team with food, friends, and fun. National Baseball Day and the Philly Phanatic's birthday are both this week! **Menu:** Hot dogs, baked beans, cold salads, chips, and more. Everyone in attendance will receive a personalized baseball card! **Cost \$3. RSVP by Tues, 4/23.**



HAPPY NATIONAL PRETZEL DAY! • Fri., April 26, 2024 - All Day



Soft pretzels with mustard or cheese sauce. Complimentary for anyone attending lunch or an activity. **No Cost.** *There are various accounts of the origin of the pretzel, but they all agree that we can thank monks for developing this tasty snack and Pennsylvania Dutch immigrants for bringing them to North America!*

When attending an activity, please consider also signing up for lunch at 12 pm. Menus are prepared by a registered dietician and meals meet 1/3 of Recommended Dietary Allowances for older adults. Community Lunch is made possible in part by the Montgomery County Office of Senior Services (MCOSS). Lunch is no cost for anyone 60 and over with a \$2 suggested donation that benefits MCOSS. (For anyone under 60, Community Lunch is \$4.83 paid to The Center, or talk to staff about a reduced fee.)

*The Center also serves a monthly special meal; dietary requirements are not necessarily met and donations benefit The Center.



517 Jefferson St., East Greenville
 The Center: 215.679.6550
 Main Office: 215.679.4112

No cost for individuals
 60 years old & over,
 \$2 suggested donation.
 (Under 60=\$4.83 or see staff)



MENU

Tasty and nutritious meal, side items, bread, 1% milk, coffee, tea



Monday - Friday
 Served at 12 pm

RSVP by 11 am, Doors open 11:30
 (Earlier RSVPs for special meals)

Monday	Tuesday	Wednesday	Thursday	Friday
1  Raviolis w/ Roasted Red Pepper Sauce Spinach w/ Carrots Corn	2 Pizza Burger Mixed Veggies Cauliflower	3 Panko Crusted Tilapia Green Beans Scalloped Potatoes	4 Paprika Baked Chicken Broccoli & Carrots Mashed Potatoes	5 Spinach & Swiss Omelet Roasted Red Potatoes Warm Apples
8 Swedish Meatballs Buttered Wide Noodles Peas	9 Balsamic Glazed Chicken Penne Pasta Collard Greens	10 Sliced Beef w/ Onion Gravy Whipped Potatoes Mixed Veggies	11 Hawaiian Chicken Confetti Rice Island Blend Veggies	12 Baked Ziti w/ Spinach California Blend Veggies Warm Sliced Peaches
15 Honey Rosemary Chicken Rice Pilaf Brussels Sprouts	16  Pineapple Glazed Pork Sweet Potatoes Green Bean Almondine	17 Meatloaf w/ Gravy Whipped Potatoes Peas and Carrots	18 Cheese Omelet w/ Turkey Sausage Diced Potatoes w/ Peppers & Onions Spinach & Carrots	19 Tilapia w/ Creamy Dill Sauce Carrot Coins Veggie Brown Rice
22 Herb Roasted Chicken Mixed Veggies Roasted Red Potatoes	23 Hearty Beef Stew Carrots & Peas Cauliflower	24  Sliced Turkey & Stuffing w/ Orange Thyme Gravy Brussels Sprouts Carrot Coins	25  Phillies Day Hot Dogs & More!	26  Raviolis w/ Roasted Red Pepper Sauce Sautéed Spinach w/ Carrots
29 Fajita Chicken Seasoned Corn & Black Beans Spanish Rice	30 Pizza Burger Mixed Veggies Cauliflower	<p><i>Lunch donations benefit the Montgomery County Office of Senior Services (MCOSS).</i></p> <p><i>Monthly Special Lunch donations benefit The Center.</i></p> <p><i>*Menus created by a registered dietician meet 1/3 of Recommended Dietary Allowances.</i></p> <p><i>Substitutions available upon request - let us know when you signup if you need an alternative meal, and tell us what you can't eat. Substitute meal options are limited.</i></p>		


















Come for the meal. Stay for friends and fellowship.

APRIL

ACTIVITY CALENDAR

2024

Check newsletter for
RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
1  9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 April Fool's Fun 12:30 Afternoon Activities	2 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Tuesday Chats 	3  9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 3:00 Wednesday Walks	4 12:00 Community Lunch	5 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)
8  9-9:30 Walkercise 10:00 WOW 10:00 Stamp Collecting (LL) 12:00 Community Lunch 12:30 Afternoon Activities	9 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Tuesday Chats 	10 9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 3:00 Wednesday Walks	11  12:00 Community Lunch 1:00 Yarn Bombing Project	12  9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Trivia
15 9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch	16 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Tuesday Chats  Pajama Day All Day!	17  9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:45 Parkinson's Pres. 3:00 Wednesday Walks	18  9:30-2:00 AARP Driver Refresher Course 12:00 Community Lunch 3:00 Outing: Mario's Pizza 	19  9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Spring Cleaning Bingo
22  9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities 1:00 Earth Day Recycled Project	23 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Tuesday Chats	24  9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party	25  12:00 Phillies Day Special Lunch RSVP by Tues 4/23	26 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) Pretzel Day All Day! 
29  9-9:30 Walkercise 10:00 WOW 10:00 Book Club (LL) 12:00 Community Lunch 12:30 Afternoon Activities	30 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Tuesday Chats 2:30 Welcome to The Center	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><i>Programs held in the Main Room unless otherwise noted. LL=Lower Level</i></p> </div>		

Blood Pressure Checks

Most Thursdays, approx. 12 pm, courtesy of Family Caregivers Network

RSVP dates help us prepare, and some programs have attendance requirements. If it is past an RSVP date and you would like to attend, please reach out - we *may* be able to accommodate!

Enriching the lives of older adults in our community.

month to help their neighbors. That would be a significant, unsustainable cost for TOL, and the work wouldn't be done as well or with such compassion. We truly appreciate our volunteers!"

Those 300 hours make a significant difference at The Open Link and in the Upper Perkiomen Valley. Here at The Center, approximately 75 volunteer hours are contributed every month, which doesn't even include what it takes to pack and deliver Meals on Wheels five days a week. Wow!

Volunteers' selfless contributions fill gaps in resources and manpower. It is important to express our gratitude for their hard work, but something not mentioned as often is the way they become part of our everyday lives. We learn about each other's children and families. We hear about vacations and hobbies and about losses and misfortune. When someone has a health issue, we are concerned for their well-being. And during times of joy, we share in their celebration! We are delighted to be a part of it all.

April is National Volunteer Month. We recognize those who give their time and energy and we say THANK YOU. If the words we use to thank our volunteers is something you've heard before, it's because their value can not be overstated. We will say it again and again! Our volunteers make the world a better place and brighten our lives.

HEALTH & WELLNESS AT THE CENTER

Register for each class one time, then come as your schedule allows.
Be active, stay healthy, and make connections!



Ongoing Classes at The Center



Walkercise - Mon & Wed, 9-9:30 AM. Come stretch those morning muscles! A great way to start your day and get your heart pumping stronger. Participants in this class follow a 30-minute video and enjoy good conversation while moving their feet!

WOW (Women on Weights) - Mon & Wed, 10 AM. A strength training program designed for mid-life and older women. Certified instructor Jane Oswald leads in resistance training, balance training, and flexibility exercises. "Grow Stronger With Us!"

Wednesday Walks - Wed, 3 pm, Camelot Park. 1-mile loop, other paces and distances welcomes. Walking benefits our bones, joints, blood sugar, heart health, balance, and more. Build a healthy habit with accountability buddies. (Weather, schedule dependent)

Tai Chi - Tues & Fri, 10:15-11:15 AM. Gentle physical exercises and stretches. Accessible for everyone, can be done seated or using a chair for support. This class follows the popular videos from the Happy Thought Tai Chi Program, developed by Mark Cashatt.

Chair Yoga - Fri, 9-10:00 AM. Certified instructor Sarah Thayer has a passion for making yoga accessible for everyone! Explore breathing exercises and relaxing meditations, enhance strength, flexibility, and balance - all with the support of a chair.

Classes targeted for ages 60+. Open to ALL ages!

\$2 Suggested Donation per Class.

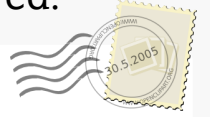
Your first class is always free!



ONGOING MONTHLY ACTIVITIES for April

To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email center@theopenlink.org. See costs and RSVP dates below, if required.

STAMP COLLECTING • Mon., April 8 - 10:00 am



Show, Share, and Trade Stamps. 2nd Monday of each month. **No Cost. RSVP not required.**



TRIVIA TIME • Fri., April 12, 2024 - 1:00 pm

* Test your knowledge of fun facts and interesting tidbits. Small prizes and bragging rights for the winning team. Theme: *As Time Goes By*. **No Cost. RSVP encouraged.**

SPRING CLEANING BINGO • Fri., April 19, 2024 - 1:00 pm

Doors open at 12:30 pm. Light refreshments. Small prizes, big fun! Spring cleaning themed prizes and activities. **Cost \$1. RSVP by 4/18.**



BIRTHDAY PARTY • Wed., April 24, 2024 - 12:30 pm



Monthly birthday party to celebrate guests with April birthdays, everyone is invited for cake and activities. **No Cost. RSVP by 4/23. Let us know if you'll be joining us for lunch!**

BOOK CLUB • Mon., April 29, 2024 - 10:00 am



Station Eleven by Emily St. John Mendel. A novel that takes place in the Great Lakes area before and after a fictional flu pandemic has devastated the world. **Limited books avail.**

BILLARDS • Tues. & Fri. - 12:30 to 4:00 pm

Come to practice or spend time with others.

AFTERNOON ACTIVITIES • Mon. 12:30 pm

Join Mahjong or an activity of your own.



COMMUNITY OUTING

Mario's



PIZZA & PINBALL • Thurs., April 18, 2024, 3:00 pm

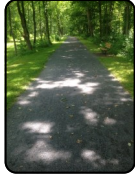
Mario's Pizza has been a part of the Upper Perk Valley for over 30 years. In April of 2021 they moved from their Main Street, East Greenville location to a bigger, better spot just up the road. In addition to great food, they have plentiful parking, patio seating, board games for customers to enjoy, plus a juke box, billiards and vintage pinball. Participants are responsible for their purchases. Meet at **Mario's Pizzeria: 622 Gravel Pike, East Greenville** (upper part of the Walmart shopping center). **RSVPs by 4/17. Enjoy a round of garlic knots on The Center and play a game of pinball or a billiards match - we will bring some quarters!**



CENTER UPDATES:

Wednesday Walks are Back!

Spring weather means more opportunity to get outside, enjoy the fresh air, and be active. Join us Wednesdays at 3 pm (one hour later than last year) at Camelot Park: 1124 Church Rd, East Greenville. Meet at the upper parking lot. See page 6 for details about walks and other exercise programs at The Center.



**Tuesday, April 30th
2:30 pm**

Bring a friend or neighbor to discover The Center, take a tour, learn what kind of activities take place, meet staff and ask questions.

No RSVP Required, just stop by!

MONDAY COMMUNITY MEAL

Monday, April 8 • 6 pm

Hosted by a different church or organization every month. There is no cost for this meal.

Pennsburg UCC - Sit-down meal

New Goshenhoppen UCC - Take-out meal

Office of Housing and Community Development



HOME REPAIRS PROGRAM

Allowable repairs include:

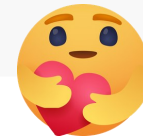
- Lead paint, mold remediation
- Heat/hot water systems
- Weatherization
- Water damage
- Roofs, floors, ceilings, stairs
- And More!

Requirements for eligibility can vary.

As Center staff for a referral form and instructions to submit via mail or email.

EXTRA! EXTRA!

You Belong in The Center's Facebook Group!



Facebook groups are a place for people with common interests to connect with each other. The Open Link, the non-profit social services organization that The Center is a part of, has a Facebook page where you can learn about what's happening with the agency, including programs and services, events, donations, volunteer activities and opportunities, plus resources and referrals. Facebook posts include our main office in Pennsburg and The Center in East Greenville, but to really stay up-to-date with what's happening at The Center, and to connect with other people, join our Facebook Group! Here you'll find information about programming, photos from activities, and more. How do you find us? Go to Facebook and search "The Open Link" or "The Center at The Open Link", or type this into your URL browser: (We can help!)

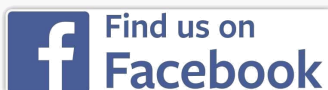


The Open Link Facebook Page: www.facebook.com/theopenlink

The Center's Facebook Group: www.facebook.com/groups/centerattheopenlink



You asked us for help with your smartphones, tablets, and computers, and we hear you! We hope to restart our Volunteer Tech Support Program soon. Let us know if you'd like to help.



The Center at The Open Link is partially funded by Montgomery County Senior Services. Additional funding comes from grants, foundations, community sponsorship, and generous community members.

